



Healthy Bites Episode 26 – SMART Goals: Achievable

Hi, my name is Lauren, a psychologist from Central Coast Health. Today I'm going to be focusing on the A in SMART goal setting – making sure what you are setting out to do is in fact achievable.

Sounds common sense? But now is the time to ask yourself some hard questions about your goal: do you believe you can do it, or do you have doubts? What are the doubts? What could be some barriers that may get in the way of you achieving your goal and how will you overcome them?

For most people, we have more chance of success when we set small goals and increase them slowly. So, if we think about the exercise goal of walking 20 minutes a day and I am perhaps new to exercise, recovering from an injury, or don't feel too confident in general about the length of time I'd like to exercise for, I'd be better to start with an amount of time I feel confident in achieving such as 5 or 10 minutes, rather than 20. Once I have accomplished this target with ease, I can then reset the goal and increase the walking time. In other words: walking 20 minutes a day is much less intimidating once I've proved to myself that I can manage 10 minutes. That's why it's so important we make our goals achievable.

And by making any goal SMART – specific, measurable, achievable, relevant and timed – you give yourself the best chance of achieving what you've set out to do.